



HERITAGE MIDDLE SCHOOL CHEERLEADING

Can't believe it's time to start thinking about our 2018 Cheerleading season at Heritage High School! We are so excited about the 2018 season after the gains we made this year, and look forward to a strong season. Here is some information for those thinking about trying out for cheer at HMS in March.

-HMS will have a clinic February 20th and 22nd for anyone interested in trying out in March. They will learn the tryout material and receive some things to work on between the clinic and tryouts. The cost will be \$25.

You can register at <https://goo.gl/forms/pjJnPC36QcJse4cw2>

-HMS Tryout Clinic is March 26-28 from 3:45-5:15, and tryout day is March 29 3:45-7:30

-Culprit in Dalton is offering pre tryout training to prepare you for what is expected as a cheerleader at HMS. Classes are Monday's from 6-7:30 this is a HUGE tool to help you prepare for tryouts. Girls from previous seasons as well as anyone new wishing to tryout are welcome and encouraged to start attending in January.

-Tryout Information meeting will be in early March (Date TBD)

-Please check the HMS site for updates and more information to come.

-There will be a spirit squad (football and basketball cheer) and a competition squad. You may choose if you want, to tryout for one or both.

Please contact one of the coaches with any questions you may have.

Coach Nix snix.hms@catoosa.k12.ga.us

Coach Ellis kellis.hhs@catoosa.k12.ga.us

Coach Shrader hshrader.bps@catoosa.k12.ga.us



What are some of the requirements of a spirit cheerleader?

- Positive attitude
- Positive example to your team and the school
- Desire to serve others
- School spirit and enthusiasm***
- Summer practices 1 day a week
- Summer camp that lasts 3-5 days (possibly overnight)
- Practice 1-2 days a week during the school year from August-December
 - Cheering all varsity football games
 - Cheering half of the varsity basketball games
 - Duties before and after football games
 - Fundraising for the team and for your balance

What are some of the requirements of a competition cheerleader?

- standing tuck
- roundoff handspring tuck
- strong work ethic
- positive attitude
- team player
- 1 practice a week at Culprit (summer and school year)
 - 2 practices a week in the summer
 - weekend availability from August- October